

Northeast Region – Susan Nadworny, Coordinator

A family support newsletter of upcoming trainings, conferences and events

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**Maneuvering the Maze**  
**January 9, 16, 23, 30, 2008**  
**7:00-9:00pm**

Do you have a child, age 2-10, who has been diagnosed with a developmental disability? Are you confused about how to receive support and what services to ask for? Are you nervous about leaving Early Intervention and entering the public school system? Then be sure to attend this series of informative workshops that will help you understand and navigate the human service system!

**Jan. 9<sup>th</sup>-Understanding the Maze-How it works, where to go for services and how to advocate for what you need!**

**Jan. 16<sup>th</sup> Overview of the Dept. of Mental Retardation and The Division of Autism-What are the Services and Supports Offered?**

**Jan. 23<sup>rd</sup> Government Benefits-Financial and Health**

**Jan. 30<sup>th</sup> Working with Schools**

Workshops will be held at Perkins Hall, Melrose Wakefield Hospital. Register by calling Kerry Mahoney, 781-942-4888x4015 or e-mail Kerry at [km@thearc.org](mailto:km@thearc.org). There is no charge for these workshops. Sponsored by The Arc of East Middlesex, The Family Networks of Malden-Everett, North Suburban and Medford, Massachusetts Families Organizing for Change, Family Ties and Riverside Community Care.

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**FAMILY DANCE**  
**Bring the whole family and dance the night away**  
**January 12, 2008**  
**5:30-9:00pm**  
**at Memorial Hall, Main St., Melrose.**

We have a GREAT DJ, big screen music videos, dance contests, games, and more! Pizza and drinks will be served. Join us for a fun, festive night courtesy of Riverside Community Care, the ARC of East Middlesex, Project Cope, Autism Support Center, Mass. Families Organizing for Change, North Shore ARC, Project Cope and our friends at Memorial Hall. \$10 donation per family. RSVP to Susan 781-665-5179 or

[snadworny@riversidecc.org](mailto:snadworny@riversidecc.org).  
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**Father's Network**  
**Hockey Game**  
**Lowell Devils vs. Portland Pirates**  
**January 13, 2008 4:05pm**

For Dads and their kids living in the metro north area. Limited seats available. Contact Kerry Mahoney at 781-942-4888 x4015 or [km@thearc.org](mailto:km@thearc.org).

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**An IEP for my Child**  
**January 14, 2008-6:30-8:30pm**

Held at Lincoln Elementary School, Lowell. Call the Federation for Children with Special Needs to register or more information 800-331-0688.

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**Yelling Doesn't Work**  
**January 16, 2008-7-9pm**

Held at RJ Grey Junior High School, 16 Charter Rd., Acton and at Swampscott Middle School, Swampscott. Call the Federation for Children with Special Needs to register or more information 800-331-0688.

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**Looking for Teens with Down Syndrome to Participate in Health U., A Weight Loss Study**  
**January 16, 2008-5-8 PM**

Health U. is a study for teenagers (ages 13-21) with Down syndrome who are overweight. The study emphasizes a sensible, balanced diet and achievable levels of physical activity, geared toward weight loss and health promotion. Classes and visits take place at the Shriver Center in Waltham. Participation is free. Health U. starts in March 2008 but screening and enrollment are taking place now. Come to an Open House to learn more and meet our Health U. team! For more information contact Melissa Maslin at 781-642-0292 or via email at [shriverhealth@umassmed.edu](mailto:shriverhealth@umassmed.edu)

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**MCAS**  
**January 17, 2008-7-9pm**

Held at Stoneham High School, 147 Franklin St. Call the Federation for Children with Special Needs to register or more information 800-331-0688

**MCAS**

**January 22, 2008-7-9pm**

Held in Westford at the Crisafulli School, 13 Robinson Rd. Call the Federation for Children with Special Needs to register or more information 800-331-0688

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**MCAS**

**January 24, 2008-7-9PM**

Held at the Reading High School, Reading. Call the Federation for Children with Special Needs to register or more information 800-331-0688

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**Stand for Children  
4<sup>th</sup> Annual Statewide  
Education Summit  
January 26, 2008  
8:30am – 3:30pm**

SPEDWatch is pleased to be collaborating this important gathering of education advocates. Held at Reading Memorial High School. Keynote speakers include State Board of Education Chairman Paul Reville and Dr. Dana Mohler-Faria, Special Advisor to the Governor on Education. Eighteen workshop sessions cover a range of critical education policy issues and grassroots advocacy skills. Space is limited. Register today by calling 617-547-3800 or go to website [www.standleadershipcenter.org/ma/summit](http://www.standleadershipcenter.org/ma/summit)

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**Open to Past Northeast Mass.  
Families Organizing for  
Change Family Leadership  
Participants  
ANNUAL REUNION  
January 27, 2008**

**Brunch 10:00am-1:00pm**

All past participants are invited to the Courtyard Marriott, Woburn for fun, food, friends and prizes! Reconnect and network with the past 15 years of Leadership participants. You MUST RSVP to Susan Nadworny, 781-665-5179 or [snadw@aol.com](mailto:snadw@aol.com) to attend this event.

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**An Introduction to  
DIR/Floortime for Parents  
6 weeks beginning  
January 29, 2008  
10:30am to 12:30pm**

This 6 weeks course will consist of short presentations, video to illustrate topics, lots of examples and discussion in a supportive environment. We will be using the book, *The Child with Special Needs* as a starting point for our discussions. Sarah Measures, M.Ed,PGCE is the Presenter. The cost is \$90/individual or \$110/couple. Held at the Autism Support Center, 6 Southside Rd., Danvers. Call Stephanie Gammons at 978-624-2311 or [sgammons@nsarc.org](mailto:sgammons@nsarc.org) for brochure with complete information.

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**Planning A Life  
Making the Most Out of  
High School  
February 1 and 2, 2008  
8:00 am – 4:00 pm**

Come and learn about:  
\*Creating a vision for your future  
\*Person Centered Planning  
\*Transition Requirements of IDEA  
\*Prioritize and incorporate transition goals into the IEP  
\*Employment, Job Development, Work Supports  
\*Making connections and networking with other families going through the process  
Sponsored by The Federation for Children with Special Needs in partnership with Mass. Dept. of Education. Central Mass site TBA. For more information contact Terri McLaughlin, Transition Projects, 617-236-7210 X336 or email [tmclaugh@fcsn.org](mailto:tmclaugh@fcsn.org)

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**Basic Rights  
February 5, 2008-7-9pm**

Held in Amesbury at Amesbury Middle School, 222 Main St. Call the Federation for Children with Special Needs to register or more information 800-331-0688

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**An IEP For My Child  
February 7, 2008-7-9pm**

Held in Arlington at the Brackett Elementary School. Call the

Federation for Children with Special Needs to register or more information 800-331-0688

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**The Autism Support Center  
presents 3 free workshops**

Featuring Autism Public Information Specialists from Mass. Advocates for Children:

#1 – Feb. 12<sup>th</sup>,7-9pm at 6 Southside Rd., Danvers.

Shelly Green

#2 – April 8<sup>th</sup>, 10-12 noon at Acton Memorial Library, 466 Main St., Acton. Leslie Hughes

#3 – April 10<sup>th</sup>, 6:30-8:30pm, Newburyport Library, 94 State St., Newburyport. Shelly Greene.

These workshops will help parents understand the rights and procedures which ensure children with ASD receive educational opportunities which reflect competency and potential. RSVP Stephanie Gammons, 978-624-2311 or [sgammons@nsarc.org](mailto:sgammons@nsarc.org).

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**Celebrate Yourself  
February 13, 2008  
6:30-8:30pm**

Held in Belmont at Chenery Middle School, 95 Washington St. Call the Federation for Children with Special Needs to register or more information 800-331-0688

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**Upcoming Pre-School  
Sibshops  
February 22, 2008 –  
11:00am-2:30pm**

To request Autism Support Center's Sibling Packet, contact Scott Buchanan and for more information call 978-624-2347 or e-mail [sbuchanan@nsarc.org](mailto:sbuchanan@nsarc.org).

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**Autism Support Center's  
6<sup>th</sup> Annual  
Camp & Recreation Fair  
February 28, 2008-4-6:30pm**

Held at Autism Support Center, 6 Southside Rd., Danvers. For more information call 978-777-9135 or [asc@nsarc.org](mailto:asc@nsarc.org)

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**Creating a Vision  
February 28, 2008-7-9pm**

Held in Tewksbury at Tewksbury Memorial High School. Call the Federation for Children with Special

Needs to register or more information 800-331-0688

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**Visions of Community  
March 1, 2008**

The Federation for Children with Special Needs, along with co-sponsors Early Intervention Parent Leadership Project, Mass. Families Organizing for Change, Mass. Family TIES, Mass. Parent Information and Resource Center, Parent Training and Information Project and the Parent/Professional Advocacy League is excited to announce the **Visions of Community** conference to be held at the Seaport/World Trade Center, Boston. Limited scholarships will be available. Interpreters will be available for the most requested workshops with advance notice. If requesting an interpreter, the registration **MUST** be postmarked by Feb. 1, 2008. Go to [www.fcsn.org](http://www.fcsn.org) or call 800-331-0688 for more information.

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**Children with Learning Disabilities  
and the Skills Necessary for  
Developing Friendships  
March 1, 2008  
9:00-11:30am**

This presentation will focus on children, elementary through preadolescence, who struggle with learning disabilities. We will look at how children with various learning styles interpret their world and their relationships. You will leave with a set of tools to help your child. Presenter: Rick Irving, LICSW. Held at the Landmark School, High School Dining Room, 412 Hale St. Prides Crossing (Beverly). For information call Irena Sinclair, 978-927-1456 or e-mail Irena at [irenasinclair@comcast.net](mailto:irenasinclair@comcast.net). Workshops are free and open to the public.

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**Yelling Doesn't Work  
March 5, 2008-7-9pm**

Held in Peabody at Higgins Middle School, Rm. 54, 1 King St. Ext. Call the Federation for Children with Special Needs to register or more information 800-331-0688

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**Basic Rights**

**March 18, 2008-7-9pm**

Held at Tewksbury High School. Call the Federation for Children with Special Needs to register or more information 800-331-0688

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**2008 Do-it-yourself Guide to  
Creating Housing Options  
March 19 to April 16, 2008  
5 weeks, 7:00-9:00pm**

This workshop series is held at The Arc of East Middlesex, 20 Gould St., Reading. Contact Michelle Faugno at 781-942-4888 x4018 or [fam2fam@thearc.org](mailto:fam2fam@thearc.org).

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**Special Needs Financial  
Planning-and MORE!**

**March 19, 2008-7:00-8:30pm**

Cynthia Haddad, CFP, Co-author of *The Special Needs Planning Guide: How to Prepare for Every Stage of Your Child's Life*, provides informative and empowering presentations and workshops for families, caregivers, and service providers seeking to learn about the unique issues and concerns related to families planning for a family member with special needs. Held at Riverside Community Care, 338 Main St. Suite 301, Conference Room, Wakefield. Call 781-246-2003 x226 to register. Respite/childcare funds and/or transportation funds available in order to attend workshop. Call for details.

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**Transition to 22: Where to  
start, What to know, and How  
to get the services your Young  
Adult will need**

**March 25, April 1 & 8**

**7:00-9:00pm**

This 3 part series will focus on several key pieces to the Transition Process: Eligibility requirements for Adult Services, DMR and Mass Rehab Services, Chapter 688, Govt. Benefits-including Social Security and Mass Health, Employment and Housing Options. Don't wait until it's too late...learn facts and be an active participant in developing a meaningful transition plan for your son or daughter! Meets in the Malden area. Contact Michelle Faugno, 781-942-4888 x4018 or e-mail [Fam2fam@thearc.org](mailto:Fam2fam@thearc.org).

**Building Momentum, Moving  
Forward**

**Health Care For All  
Conference**

**March 28, 2008**

Held at the Holiday Inn, 242 Adams Pl., Boxborough. Registration and ticket sales coming soon! For more information call 617-275-2823 or [hcfaconferenceinfo@hcfama.org](mailto:hcfaconferenceinfo@hcfama.org)

**Stone Soup Conference  
March 29, 2008**  
Join us for an interactive conference for families of transition age young adults, 14 and beyond, at the BU Conference Center, Tyngsboro. A recipe for a satisfying life requires a little bit of this and a little bit of that; similar to the traditional folktale in which the community comes together each contributing something different, but where *everyone* benefits. Call Susan Nadworny at 781-665-5179, [snadw@aol.com](mailto:snadw@aol.com) or [www.mfofc.org](http://www.mfofc.org)  
Information will be available Feb.

MCAS

**April 2, 2008-7-9pm**

Held in Peabody at Higgins Middle School, Rm. 54, 1 King St. Ext. Call the Federation for Children with Special Needs to register or more information 800-331-0688

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**Reading With Your Child**

**April 5, 2008-9:00-11:00am**

Reading together can be a relaxing, bonding experience, if the details are planned carefully in advance. In this workshop, learn strategies for helping your child choose an appropriate book, discover helpful cueing methods, and discuss other tried and true tips used by Landmark tutors. Presented by Moira Smith, M.S.Ed., Landmark Elementary Middle School Faculty. Held at the EMS Meeting Room, Landmark School, Beverly. Call Kathryn Frye, 978-236-3216 or e-mail [outreach@landmarkschool.org](mailto:outreach@landmarkschool.org) for more information. Workshop is free and open to the public.



**An IEP for My Child  
April 8, 2008-7-8pm**

Held at Groton Dunstable Regional High School, 703 Chicopee Row, Groton. Call the Federation for Children with Special Needs to register or more information 800-331-0688

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**Animals in Translation & Autism & Asperger's Syndrome  
April 11, 2008  
8:00am – 4:30pm**

Temple Grandin, Ph.D. teaches about livestock behavior and facility design at Colorado State University. She blends her first hand knowledge on both topics presented in this conference, animals and autism. She will speak about how she uses her unique way of thinking as an autistic person to help her in both studying animal behavior and speaking on autism from her personal perspective. Held at Tewksbury Hospital, home of T.H.E. Farm ("Where special horses help special people")

East St., Tewksbury. Contact Susan Weiner, 978-774-5000 x389 or [susan.weiner@dmr.state.ma.us](mailto:susan.weiner@dmr.state.ma.us).

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**Upcoming Pre-School Sibshops  
April 18, 2008 –  
11:00am-2:30pm**

To request Autism Support Center's Sibling Packet, contact Scott Buchanan. For more information call 978-624-2347 or e-mail [sbuchanan@nsarc.org](mailto:sbuchanan@nsarc.org).

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**CONGRATULATIONS**

To activist, poet, community leader and self advocate Joe Canto of Haverhill on his new full time position in DMR's Human Rights Office!

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**Teen Drop-In Center**

Are you looking for dependable, consistent and enriching weekly programming for your teen/young adult? The Teen Drop In-Center located at The Arc of East Middlesex, 20 Gould St., Reading, is open Mon., Tues., and Fri. from

2:00-5:30. Cost is \$35/day. Want to find out more? Attend our Open House Jan. 17<sup>th</sup> 6:00-7:30pm. Call Paula Thompson 781-942-4888 x4039 or [paula@thearc.org](mailto:paula@thearc.org) for more information

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The Institute for Community Inclusion at UMass Boston is in the process of developing a parent-to-parent network for disseminating information and resources related to employment for young people who are transitioning into adult life. Parents who participate in the network will receive training on employment options and services and related topics such as the impact of work on benefits. After completing the training the parents will serve as a resource for other families. If you are interested in providing input into the development of this new network or participate in the project contact Elena Varney at 617-287-4362 or e-mail at [Elena.varney@umb.edu](mailto:Elena.varney@umb.edu).

**UPCOMING EVENTS**

**Legal and Future Care Planning  
For Family Members with a Person With a Disability  
April 12, 2008  
8:00am – 3:00pm**

Held at Merrimack Valley Hospital. Contact Fran Hogan at Arc of Northern Essex 978-373-0552 for information. \$25 per person includes lunch and materials

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**Finding Passion for People  
June 10, 2008**

24<sup>th</sup> Annual DMR Human Rights Conference

To be held at the DCU Center in Worcester. This year's theme, *Finding Passion for People*, offers stories talents and expertise about how, in using a human rights framework, you can cultivate a passion for people supported by DMR.

**You can make a difference!!!**

You can make a gift to Massachusetts Families Organizing for Change

Name: \_\_\_\_\_

Street \_\_\_\_\_

City/zip \_\_\_\_\_

Phone \_\_\_\_\_

Enclosed is my gift of  
\$5 \$10 \$15  
\$25 \$50 Other

Please make checks payable to MFOFC and mail to 16 Warwick Rd., Melrose, MA 02176



